

9 Critical Questions to ask Your Doctor



- 1 What are my risk factors for heart disease, and what can I do to lower my risk – such as healthy eating, exercise, weight and stress management?
- 2 What are the warning signs or symptoms of heart disease or a heart attack?
- 3 What should I know about the effects of menopause on my health?
- 4 What is my blood pressure, cholesterol, and body mass index and are those numbers considered healthy?
- 5 Which methods of smoking cessation would work best for me?
- 6 Are my risk factors for heart disease the same or different for stroke, and what are the symptoms of stroke?
- 7 What is the latest on low-dose aspirin for heart attack prevention and treatment?
- 8 If I experience chest pain, what is your overall plan for evaluation?
- 9 If I experience symptoms of a heart attack, what should I do next?

HEART
of
A **WOMAN**

Changing women's behavior about heart disease.



Sanger Heart & Vascular Institute

1-888-852-5422 • www.HeartofaWoman.org